



South Jordan City Parks and Recreation

Adult Basketball

Table of Contents

Philosophy	Page 1
Leagues	Page 1
Rosters	Page 1
Specific Rules and Guidelines	Page 2
Technical Fouls	Page 3
Fighting	Page 3
Tie Breaker Rules	Page 3
Awards	Page 3
Forfeits	Page 3
Uniforms	Page 4
Blood Rule	Page 4
Stats	Page 4
Unsportsmanlike Conduct	Page 4-5
Penalties	Page 5
Protests	Page 5

Philosophy

The Philosophy and intent of the South Jordan City Parks and Recreation Basketball program is to provide participants with an opportunity to associate and play the game of basketball in a structured, but recreational environment. The basketball program inspires area residents regardless of age, race, creed or color to practice the ideals for sportsmanship and physical fitness. Also, to provide an athletic or physical contest that is governed by the rules of basketball. By design, the role of the athlete will be emphasized in facilitating equity and safety among participants to promote individual growth and development. More important than any game is the tool for working with people. The adult basketball program will help to bring area residents closer together through means of common interest in sportsmanship, fellowship, cooperation and sports endeavors.

We urge you as captains to promote this philosophy to help bring success to the South Jordan City Parks and Recreation Adult Basketball Program.

Leagues

The South Jordan City Parks and Recreation Basketball program is structured into the following league:

Men's League: Open to all men 18 years of age and older. Dunking is allowed during game time only.

Rosters

Each team must submit a complete team roster including names, addresses of coaches and players before the first scheduled game. All the participants must sign this roster. Each team may carry a maximum of twelve names on their rosters.

If a un-rostered player, plays under the name of another player on the roster, both the rostered player and the un-rostered player become ineligible to participate for the remainder of the season.

The scorekeeper and opposing coach may at anytime, ask for I.D. from any player to verify the player's eligibility. Persons playing under a false name will be suspended from further play in the South Jordan City Recreation Basketball program for one (1) year and all games he played in will be declared a forfeit. Captains are responsible for providing an accurate line-up in a timely manner before each game.

Specific Rules and Guidelines

1. All League fees are non-refundable once the league is formed.
2. All games will be supervised by the South Jordan City Parks and Recreation Department and will be governed by current High School Basketball rules, with the exception of the timing clock. The clock will stop only on the following situations:
 - A. The last two minutes of the each half (unless a team is ahead 20 points in the second half)
 - B. Shooting fouls: only during last two minuets of each half.
 - C. Time-outs
 - D. When the ball is going to be unplayable for an extended period of time
3. A team may start and play with 4 players but cannot complete game with less.
4. All leagues will play two 18-minute halves. If necessary, an overtime period will consist of five (5) minutes with one extra time-out (half) given to each team. Each team will be given one full time out (60 seconds) and one half time out (30 seconds) per half. First half time outs do not carry over into the second half. Unused second half time outs DO carry into overtime.
5. Each team will be allowed six (6) personal fouls each half. On the seventh (7) team foul, the opposing team will start shooting the one and one bonus. Beginning with the 10th team foul, the opponent will shoot two (2) free throws. Any player who commits five (5) personal fouls is out of the game. Technical fouls count as a personal foul as well as a team foul.
6. On free throw attempts, no player may enter the lane before the ball is in the cylinder.
7. Dunking is allowed. However, no dunking is allowed before or after any game. Anyone dunking the ball before or after a game will receive a Technical Foul and will sit out for eight minutes. If that player should dunk before or after a game again, the player will receive a second Technical Foul. This applies before and after games only.
8. South Jordan City will not tolerate the “F-word” at anytime. Any player using it shall be assessed a Technical Foul. If that same player uses it again during the same game, that player will be ejected. Players may be assessed Technical Fouls for other profane words at the discretion of the referees. This type of behavior will not be tolerated at anytime.
9. There will be a five (5) minute grace period for the first game only.
10. Players must be 18 years of age or older to participate. Team may have one 16 year old player if legal guardian is on the team and signs for him. Once a person signs a roster and plays with a team, he cannot participate with any other team.

Technical Fouls

We'll be cracking down on poor sportsmanship. Whining, staring a player or official down, and etcetera will not be tolerated. Players receiving Technical Fouls must sit out eight (8) game time minutes from the time it was given. Players receiving Technical Fouls with less than eight minutes in a game will be required to sit out the remaining time for the next scheduled game.

Any player receiving two (2) Technical Fouls in the same game will be ejected and receive a one (1) game suspension beyond the game he is playing in. Once a player has been ejected from the game, that player has two minutes to leave the gym or the game will be considered a forfeit. Any player who accumulates (2) technical fouls must pay a \$50 fee prior to his next game in order to return to his team. If a player receives a third (3) Technical Foul at anytime during league play, he will be suspended for the remainder of the season and will be suspended from that league for one year.

Fighting

Any player or players involved in a fight with other players or altercations with game officials will be suspended for a minimum of one (1) year. It doesn't matter who started the fight. If you throw a punch, you'll be suspended. Additionally, any player (besides the captain) who leaves the bench will be suspended for the remainder of the season. Other actions that could result in suspensions include (but are not limited to): spitting, getting in an official's face, and vulgar language. SOUTH JORDAN CITY WILL NOT TOLERATE ANY SUCH BEHAVIOR IN ANY OF ITS LEAGUES. SEVERE PENALTIES WILL BE ADMINISTERED. YOU MAY ALSO BE PROSECUTED.

Tie Breaker Rule

If at the end of the regular season two or more teams are tied the "tie-breaker rule" will be used. Teams will be placed based on the following:

1. Head to head match up
2. Total points scored
3. Best overall win (beat the team with the highest record).

Awards

Team and/or individual award will be given to the first and second place teams from each league. The highest point scorer will also receive an award. Awards are chosen by the league coordinator.

Forfeits

Teams must have four (4) players present to start a game. A five minute grace period will occur for the first game of the evening only. If a team fails to field four eligible players at the end of this grace period, the game will be declared a forfeit.

If a team forfeits twice during a season may forfeit the rest of their season. It may also affect the possibility of that team playing the next season.

Uniforms

It is mandatory for all teams to have uniforms for league play. Uniforms will consist of: Matching colored jerseys with numbers on front or back. Numbers must be solid in color and at least 4 inches high by 3 inches wide. Teams must have uniforms by the second game.

Teams must have at least 75 % of their team with matching jerseys. If a team has less than 75% the team will receive a technical foul to start off the game for each player without a jersey.

No jewelry of any kind may be worn during league play. Using tape to cover jewelry is not permitted. Sweat bands are permitted, but bandanas, hats, casts, and silicone bracelets (LIVEstrong) are not.

Blood Rule

If a player is bleeding, that player must leave the game and stop the bleeding before he can re-enter the game. The coach has 30-seconds to replace the player. An excessive amount of blood on a uniform can saturate through the uniform and possibly transfer to another player. The jersey must be changed with a similar colored shirt. No penalty will be assessed for this change.

Failure to comply with this rule will result in a player being ejected from a game. This is a public health issue. There will be a first aid kit available at all gyms.

Stats

Individual points will be kept on each player in the league.

First & last names along with jersey numbers must appear legibly on each game line up for stats to be tallied. Once stats are tallied, adjustments will not be made for names that were illegible or incomplete.

Unsportsmanlike Conduct

The South Jordan City Parks & Recreation Department shall have the power to disqualify, suspend or remove any manager, coach, player, spectator or team that conducts themselves in unsportsmanlike manner before, during or after a game. **South Jordan City Family Fitness Center has a Zero Tolerance policy in regards to unsportsmanlike conduct.**

Game officials and scorekeeper are requested to file written reports of unsportsmanlike conduct within 24 hours of the incident. Such incidents include but aren't limited to:

1. Fighting
2. Unsportsmanlike Acts
3. Verbal Abuses towards player, officials, scorekeeper, etc.
4. Threats
5. Ejections
6. Unruly fans

Scorekeepers have the power, in conjunction with the referees, to eject, suspend or call Technical Fouls on any player or fan, exhibiting behaviors that are unsportsmanlike.

Physical contact with intent to inflict harm or injury	Ejection	One year suspension
Fighting (punches, slaps, kicks, pushes, etc)	Ejection	Lifetime ban from playing
Players leaving the bench during a fight	Ejection	Rest of season suspension
F-Word or other vulgar language	Technical Foul	Two T's-Two game suspension
Obscene gestures	Ejection	Two game suspension
Grossly disparaging statements or racial slurs	Ejection	Two game suspension
Spitting at other players	Ejection	Two game suspension
Trash talking, taunting	Ejection	One game suspension
Dunking before or after a game	Technical Foul	Eight minutes on bench. Counts toward allotment.
Striking an official or scorekeeper	Ejection	Lifetime ban from playing
Verbal abuse towards an official, players, scorekeeper	Technical Foul	Two in a game results in a two game suspension
Two Technical Fouls	(See specified penalty above)	\$50.00 Fee to be paid before player returns.
Three Technical Fouls in a season	Ejection	One year suspension from the time you get third technical
Uniform violation	Technical Foul	After third violation, Technical Foul counts towards allotment

Penalties are outlined as follows:

Illegal player	Ineligible to participate	One year suspension. If played for a rostered player, that player is also suspended for one year.
Falsifying roster	Ejection	One year suspension
Team forfeits out of league or quits before season is over	Loss automatic berth	No refunds!

ANY PERSON EJECTED FROM A GAME WILL BE NOTIFIED BY PHONE &/OR MAIL OF THEIR SUSPENSION

Protest Regulations:

Only protests regarding ineligible player(s) or rule interpretations will be accepted and considered valid. Any protests involving the judgment of an official will not be given consideration. The team captain is the only participant allowed to file a protest. The captain must immediately inform the game official of his intent to protest after all play has stopped. The gym supervisor and official will confer if necessary. ALL DECISIONS RENDERED BY THE GYM SUPERVISOR OR GAME OFFICIAL ARE FINAL. The captain then has the option of filing a written protest, accompanied by a \$20 fee, to South Jordan Parks and Recreation by 5:00 pm the following workday. If the protest is upheld, the \$20 fee will be refunded. In all protest situations, the game will continue from the point of protest

